

MINISTRY OF FOOD

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ARRANGEMENTS FOR GRANTING SPECIAL RATIONS AND PRIORITY ALLOWANCES TO INVALIDS AND PERSONS ON SPECIAL DIETS

Much as the Ministry of Food would like to allow extra foods to invalids on humanitarian grounds, it cannot do so in general, because of the shortage of food. Extra foods can, therefore, with rare exceptions, only be provided when they are essential for the treatment of a particular illness.

The first part of this memorandum sets out the conditions for which the Ministry's medical advisers, the Food Rationing (Special Diets) Advisory Committee of the Medical Research Council, have made a general recommendation for additional allowances of rationed foods; applications can only be considered if the conditions are fulfilled as requested. The Committee have, however, expressed their willingness to advise on applications on other grounds in exceptional circumstances, but such cases can only be considered if they are supported by a detailed medical statement giving full particulars of the case and the special reasons why the extra rations are requested. Such information is strictly confidential and will be forwarded to Headquarters for medical consideration.

The second part of the memorandum sets out the special allowances made to expectant mothers, mothers of babies under twelve months, infants, children and adolescents, as agreed by the Standing Inter-departmental Committee on Medical and Nutritional Problems.

NOTES :

1. This document cancels and takes the place of MED. 2 and similar schedules previously issued. Capitals replace small letters for coding. Other changes and additions are shewn thus *.
2. The general form of medical certificates (R.G. 50) for use when applying for extra rations is applicable to most diseases and can be obtained from any local food office by or on behalf of any registered medical practitioner. For certain illnesses, however, a written statement from the doctor is required.
3. When certifying on R.G. 50 certificates, the name of the disease from which the patient is suffering can usually be shown by the code number which appears against that disease in this memorandum. Any information given on these forms and statements will be regarded as confidential.
4. The name and address of the patient and the date must be entered at the time of signing.
5. Certificates for expectant mothers may be signed by a registered medical practitioner, certified midwife, or health visitor. The estimated date of confinement must be given. The certificate will be valid for a period of four months, renewable for a further period on presentation of another certificate.
6. The Advisory Committee have expressed the opinion that additional allowances of tea, cream, biscuits, preserves, dried fruits (other than bananas), cereal foods and chocolate or sweets, are not necessary for the treatment of any complaint, and no applications for additional supplies of these commodities can be considered; nor will additional supplies of meat be granted for the purpose of making beef tea.
7. The Committee do not recommend that supplies of white flour be made available to any type of invalid in place of National Wheatmeal Flour. The medical profession's attention is drawn to the fact that the roughage content of this flour is extremely low.
8. The allowances shewn in the first part of the following table in all cases include the non-priority allowance. They are maximum allowances and smaller amounts can be prescribed.
9. The Committee has advised the Ministry that a patient suffering from several diseases each of which qualifies him for extra rations should receive the maximum allowance of each foodstuff for any disease, but should not receive a double allowance of any one foodstuff on account of two diseases. The same considerations apply to a pregnant woman who also suffers from a disease qualifying for extra rations.
10. The information given in the following table may vary from time to time. Notification of changes will appear in the medical press.
11. Copies of this document may be obtained by registered medical practitioners on application to local food offices.



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PART I. CONDITIONS QUALIFYING INVALIDS AND PERSONS ON SPECIAL DIETS FOR ADDITIONAL SUPPLIES
OF RATIONED AND CONTROLLED FOODS AND SOAP.

Conditions	Allowance		Maximum Allowance (per week)	Certification required	Period of Validity.
	Foods etc.	Code			
Actinomycosis (see tuberculosis)					
Allergy to :— (a) Margarine	Butter		Whole of butter/margarine ration in form of butter	A detailed medical statement giving the reasons why the applicant is unable to tolerate margarine and whether the applicant is prepared to undergo a com- prehensive test. The medical advisers will arrange for a test to be made.	One year ; renewable without further test on application by the doctor.
(b) Raw Cow's Milk	Condensed milk		Equivalent to patient's liquid milk entitlement	A detailed medical statement including the results of tests made to establish the diagnosis and whether the patient re- acts to boiled milk.	6 months ; renewable on application by the doctor.
(c) Wheat	Rye flour		3 lb. (approximately)	A detailed medical statement that the patient is sensitive as shown by the occur- rence of symptoms after its ingestion and positive skin tests to wheat or wheat flour extracts.	One year ; renewable without further test on application by the doctor.
(d) Wheat flour mix- tures containing rye, barley, oat or potato flour (if and when any of these non- wheaten flours are added to National flour)	Wheat flour		3 lb. (approximately)	A detailed medical statement that the patient is sensitive as shown by the occur- rence of symptoms after its ingestion and positive skin tests to the additions in question.	One year ; renewable without further test on application by the doctor.
(e) Liver extracts (see pernicious anaemia)					
Amoebic dysentery (see dysentery)					

Conditions	Allowance		Maximum Allowance (per week)	Certification required.	Period of Validity
	Foods etc.	Code			
Asbestosis	Milk	I(B)	14 pints	R.G. 50	3 months ; renewable on an R.G. 50.
Bacillary dysentery (see dysentery)					
Bed ridden patients confined entirely to bed for periods longer than one month	Soap	II(A)	2 rations	R.G. 50	3 months ; renewable on an R.G. 50.
Children (see also page 10) † Sick child* absent from school	Milk	II(B)	7 pints	R.G. 50.	One month ; renewable on further R.G. 50s monthly while the child is unable to attend school on account of illness.
Cirrhosis of the liver (see chronic hepatitis)					
Coeliac disease (see steatorrhoea)					
Colitis	Milk	II(D)	7 pints	R.G. 50. Since all cases of colitis do not require special supplies of liquid milk doctors are asked to use their discretion in prescribing milk for this condition.	One month ; renewable on an R.G. 50
Colostomy	Soap	II(A)	2 rations	R.G. 50.	3 months ; renewable on an R.G. 50.
Cystostomy	Soap	II(A)	2 rations	R.G. 50.	3 months ; renewable on an R.G. 50.
Diabetes mellitus	Meat Butter/margarine Cheese (Sugar ration cancelled) Milk	II(E) II(E)	3 rations 12 oz. + normal ration 12 oz. <i>Butter - 1 extra</i> <i>Marg - 1 extra</i> 7 pints <i>for allowance</i>	R.G. 50.—last line. Since most adult cases of diabetes mellitus do not require special supplies of liquid milk, doctors are asked to use their discretion in prescribing milk for this condition.	Meat Fats Cheese } One year—renewable on application without further medical certification. Milk. One year—renewable on an R.G. 50.
Diabetes mellitus (vegetarian)	Butter/margarine Cheese (Sugar, meat and bacon cancelled) Milk	 II(E)	12 ozs. + normal vegetarian ration. 24 ozs. 7 pints	R.G. 50—last line.	Fats Cheese } One year—renewable on application without further medical certification. Milk. One year—renewable on an R.G. 50.

† Children incapable of attending school—see last paragraph page 11.

Conditions	Allowance		Maximum Allowance (per week)	Certification required:	Period of Validity
	Foods etc.	Code			
Diabetic ketosis	Sugar		3 rations in exchange for diabetic fat ration	A medical statement that this is necessary for an emergency.	For one week.
Dysentery (amoebic or bacillary)	Milk Eggs	II(D) IV	7 pints 3	R.G. 50. Signed by a Medical Officer of Health.	One month ; renewable on an R.G. 50 signed by a Medical Officer of Health.
Dyspepsia (due to conditions other than ulceration of the stomach or duodenum)	Milk	II(C)	7 pints	R.G. 50 Since many cases of dyspepsia do not require extra milk, doctors are asked to use their discretion in prescribing milk.	One month ; renewable on an R.G. 50.
Dysphagia (see swallowing)					
Fever—illness characterised by prolonged high temperature.	Milk	I(E)	14 pints	R.G. 50.	3 months, renewable on an R.G. 50.
Fistulae—discharging fistulae, sinuses or ulcers	Soap	II(A)	2 rations	R.G. 50	3 months ; renewable on an R.G. 50.
Gastrectomy—partial and total	Milk Eggs	I(F) I	14 pints 3	R.G. 50. Since many cases of gastrectomy do not require extra milk and eggs, doctors are asked to use their discretion in prescribing these foods.	3 months, renewable on an R.G. 50.
Gastritis (see dyspepsia)					
Gastrostomy	Milk Eggs *Butter/margarine/cooking fat	I (D) II	14 pints 3 2 rations	R.G. 50.	3 months ; renewable on an R.G. 50.
Gout	*Machineskimmed-sweetened condensed milk		4 tins	R.G. 50. A medical statement giving the clinical and bio-chemical data upon which the diagnosis is based for submission to the medical advisers.	3 months ; renewable on an R.G. 50.
Hepatitis, acute infective hepatitis, (catarrhal jaundice) toxic jaundice	Meat Machine skimmed sweetened condensed milk	A.H.	4 rations 4 tins	Code number A.H. to be entered in the lowest line of R.G. 50.	One month ; renewable on an R.G. 50, for a maximum period of four months.

Conditions	Allowance		Maximum Allowance (per week)	Certification required.	Period of Validity
	Foods etc.	Code			
Hepatitis chronic (cirrhosis of the liver)	Meat Machine skimmed sweetened condensed milk	C.H.	4 rations 4 tins	Code number C.H. to be entered in the lowest line of R.G. 50.	3 months ; renewable on an R.G. 50.
Hypoglycaemia—spontaneous	Sugar or Diabetic rations } whichever is prescribed by the doctor		3 rations or as for diabetic patients	A detailed medical statement giving (a) the patient's symptoms and (b) the results of the blood sugar estimation, (giving the time of the estimation in relation to the previous meal), and any other test carried out to establish the diagnosis.	6 months, renewable on an R.G. 50.
Hypoproteinaemia	Meat		5 rations	A detailed medical statement giving figures for patient's plasma protein.	6 months ; renewable on a fresh certificate.
Incontinence faecal or urinary (excluding children with functional nocturnal incontinence)	Soap	I	3 rations	R.G. 50.	3 months, renewable on an R.G. 50.
*Infective polyarthritis, acute	Milk	II(I)	7 pints	A detailed medical statement saying whether the patient has lost weight, and giving the erythrocyte sedimentation rate.	3 months ; renewable on application by the doctor.
Leukaemia } Lymphadenoma } See radiotherapy					
Malignant disease (see radiotherapy)					
Miscarriage, stillbirth or neonatal death*	(a) In the event of a miscarriage, stillbirth or death of a child before registration of birth, the mother will be allowed to continue her allowances on the R.B. 7 ration book for a period of four weeks after the miscarriage or the birth of the child. (b) In the event of the child dying within a month of birth, but after registration, the mother will be eligible for priority milk up to the maximum of 7 pints weekly for a period of one month after the death of the child.			None	

Conditions	Allowance		Maximum Allowance (per week)	Certification required	Period of Validity.
	Foods etc.	Code			
Nephritis— (a) All cases (b) Cases with gross oedema and gross albuminuria (nephrosis)	Milk	II(G)	7 pints	R.G. 50	3 months ; renewal on an R.G. 50.
	Meat Milk	II(G)	3 rations 7 pints	A medical statement confirming the gross oedema and albuminuria	6 months ; renewal on an R.G. 50.
Operations (see post-operative conditions)					
Paratyphoid (see typhoid)					
Pernicious anaemia. Only cases which show anaphylactic reactions to parenteral injections of liver extract	Liver		Equivalent of 2 meat rations	A detailed medical statement why patient cannot be treated by parenteral injections of suitable liver extract.	6 months ; renewable on an R.G. 50.
Pleurisy (with or without effusion) suspected of being tuberculous	Milk	I (G)	14 pints	R.G. 50. Signed by a Tuberculosis Officer	3 months ; renewable on an R.G. 50.
Pneumonoconiosis	Milk	I (B)	14 pints	R.G. 50.	3 months ; renewable on an R.G. 50.
Post operative conditions (a) After major operations on the stomach, duodenum or small intestine	Milk Eggs	I (F)	14 pints 3	R.G. 50.	3 months ; renewable on an R.G. 50
(b) After major operations other than operations on the stomach, duodenum or small intestine	Milk	I(I)	14 pints	R.G. 50.	For one month only.
Pregnancy complicated by hyperemesis, chorea, acute yellow atrophy, albuminuria of pregnancy or eclampsia, of sufficient severity to entail total confinement to bed	Milk	II (H)	7 pints (Additional to the allowance for normal pregnancy)	R.G. 50	One month ; renewable on an R.G. 50.

Conditions	Allowance		Maximum Allowance (per week)	Certification required	Period of Validity
	Foods etc.	Code			
Radiotherapy (whether by means of X-ray or radium) for cases of malignant disease, lymphadenoma or leukaemia, showing reactions to treatment such as difficulty in swallowing or digestive disturbances	Milk	I (H)	14 pints	R.G. 50.	3 months ; renewable on an R.G. 50.
Rheumatoid arthritis (see infective polyarthritis, acute)					
Scabies (or other verminous conditions)	Soap	II (C)	2 rations	R.G. 50.	For one week only.
Sensitivity to foods (see allergy)					
Silicosis	Milk	I (B)	14 pints	R.G. 50	3 months : renewable on an R.G. 50.
Sprue (see steatorrhoea)					
Steatorrhoea (including coeliac disease and tropical sprue)	Meat *Half Cream National Dried Milk Dried bananas Butter /margarine/cooking fats coupons will be cancelled		6 rations 1 tin (20 ozs. equivalent to 7 pints) Up to 14 lb. per month	A detailed medical statement giving the evidence for the diagnosis including results of the stool analysis and stating which foods are required.	3 months ; renewable on an R.G. 50.
Steatorrhoea, convalescent	Meat *Half Cream National Dried Milk Dried bananas Butter/margarine/cooking fat coupons will not be cancelled		3 rations 1 tin Up to 14 lb. per month	ditto	3 months ; renewable on an R.G. 50.

7 pints

Milk

Conditions	Allowance		Maximum Allowance (per week)	Certification required	Period of Validity
	Foods etc.	Code			
Stillbirths (see miscarriage)					
Swallowing : Affection of the mouth, throat or gullet, or organic nervous disorder causing interference with swallowing	Milk Eggs Sugar	I (C) II	14 pints 3 2 rations	R.G. 50.	3 months ; renewable on an R.G. 50.
Temporary illness which necessitates absence from work	Milk	II (A)	7 pints	R.G. 50.	One week ; renewable while absent from work by weekly R.G. 50s up to a maximum of six weeks.
Thyrototoxicosis	Milk	II (F)	7 pints	R.G. 50. Since many cases of thyrototoxicosis do not require extra milk, doctors are asked to use their discretion in pre- scribing milk.	One month ; renewable on an R.G. 50. ∞
Tuberculosis, active	Milk Cooking fat* Bacon* Butter/margarine* Eggs*	I (A) <i>extra butter</i>	14 pints 1 oz. + normal ration 1 oz. + normal ration 3 oz. + normal ration 3	R.G. 50	6 months ; renewable on an R.G. 50.
Typhoid (and paratyphoid)	Milk Eggs	II (D) III	7 pints 3	R.G. 50. Signed by a Medical Officer of Health.	1 month ; renewable on an R.G. 50.
Ulcers ; gastric, duodenal, anastomotic	Milk Eggs	I (D) I	14 pints 3	R.G. 50.	3 months ; renewable on an R.G. 50.

PART 2.

ALLOWANCES TO EXPECTANT MOTHERS AND MOTHERS AFTER CHILDBIRTH.

Beneficiary	Foods	Quantity (expressed in weeks and allocations)	Certification required	Period of Validity
Expectant mother	<p><i>Normal adult's rations plus :—</i></p> <p>Milk Meat Shell eggs</p> <p><i>Special foods :—</i></p> <p>Dried egg Orange juice Vitamin A and D Tablets or Cod Liver Oil Soap</p>	<p>7 pints $\frac{1}{2}$ adult ration 1 per allocation</p> <p>1 packet (12 eggs) points-free every 8 weeks 1 bottle (6 ounces) every 9 days 1 packet (45 tablets) or 1 bottle (6 ounces) every 6 weeks Expectant mothers whose confinement takes place at home can obtain 4 additional soap rations on application at a local food office at any time within 3 months of the expected date of birth.</p>	R.G. 50 or certificate of pregnancy signed by a registered medical practitioner, certified mid-wife or health visitor	*Initially for 4 months and renewable for a further period.
Vegetarian expectant mother	As for expectant mother except that a further special cheese ration in place of meat is allowed on the expectant mother's ration book R.B. 7.			
Mother after normal childbirth	<i>Normal adult's rations plus infant's rations plus Vitamin A and D tablets</i>	1 packet (45 tablets) every 6 weeks	Special entitlement form	Up to 30 weeks after confinement
Mother after miscarriage, stillbirth or neo-natal death	Normal adult's rations and other allowances (see p. 5) Vitamin A and D Tablets	1 packet (45 tablets) every 6 weeks	Special entitlement form	Up to 30 weeks after still-birth or neo-natal death.

The rations stated for the expectant mother and the mother after childbirth are additional to the rations which are obtainable as usual on her ration book R.B. 1 (buff) or R.B. 4. (blue, for mothers under 18). The extra milk, meat and shell egg and the orange juice, cod liver oil, Vitamin A and D tablets and points-free dried egg are available on the expectant mother's ration book R.B. 7 (grey) and the child's ration book R.B. 2 (green).

ALLOWANCES TO INFANTS, CHILDREN AND ADOLESCENTS (1) TOTAL WEEKLY ALLOWANCES OF MILK TO NORMAL INFANTS, CHILDREN AND ADOLESCENTS

Infants	Age	Quantity	
(a) breast-fed	0—12 months	7 pints of liquid milk at reduced price plus 5 pints at full price.	
(b) bottle-fed on liquid milk	0—12 months	7 pints of liquid milk at reduced price plus 5 pints at full price. If the mother declares this to be inadequate, the local Food Office will authorise her to buy an additional 2 pints a week at full price.	
(c) bottle-fed on National Dried Milk or proprietary infant milk food	0—4 weeks	20 ounces National Dried Milk equivalent to 7 pints	
	5—16 "	30 " " " " 10½ "	
	17—34 "	40 " " " " 14 "	
	35—44 "	30 " " " " 10½ "	
	45—52 "	25 " " " " 8½ "	
		Proprietary infant milk food is available in approximately equivalent quantities.	
(d) partially breast-fed		The infant's liquid milk will be cancelled but the mother will obtain 7 pints a week on her own ration book up to 12 months after Child-birth.	
		If the baby is partially breast-fed and partially fed on dried milk the infant's liquid milk registration will be cancelled but the mother will obtain 7 pints a week on her own ration book up to 12 months after childbirth with a further 2½ pints for an initial period of one month.	
Children	1—5 years	7 pints at reduced price.	
Children and adolescents	5—18 years	3½ pints at full price.	

National dried milk is of two kinds, full-cream of 26·27 per cent. fat content and half-cream of 16·17 per cent. fat content, in 20 oz. containers.

(2) OTHER ALLOWANCES TO NORMAL INFANTS, CHILDREN AND ADOLESCENTS.

	Meat	Bacon	Cheese	Fats	Sugar	Preserves	Shell Eggs	Dried Egg points free 1 packet equals 12 eggs (per 8 weeks)	Cod liver oil 6 ounce bottles (per 6 weeks)	Orange juice 6 ounce bottles (per 2 weeks)	Soap (per 4 weeks)	Tea
Infants 0—6 months			adult ration	adult ration			adult allocation	1 packet	1 bottle	½ bottle	8 rations	nil
6—12 months			adult ration	adult ration			3 per week	1 packet	1 bottle	1 bottle	8 rations	nil
Children 1—2 years	½ adult ration		adult ration	adult ration			3 per week	1 packet	1 bottle	1 bottle	8 rations	nil
2—4 "			adult ration	adult ration				1 packet	1 bottle	1 bottle	4 rations	nil
4—5 "			adult ration	adult ration				1 packet	1 bottle	1 bottle	4 rations	nil
5—11 "	adult ration		adult ration	adult ration			adult allocation	nil	nil	nil	adult ration	adult ration
Adolescents 11—18 yrs.			adult ration	adult ration				nil	nil	nil	adult ration	adult ration

OTHER SPECIAL ALLOWANCES : CONDENSED AND DRIED MILK.

Children under 1 year of age who for special reasons are fed on sweetened or unsweetened condensed milk.

The Food Rationing (Special Diets) Advisory Committee of the Medical Research Council, and the representatives of the Ministry of Health, in advising the Ministry of Food to make the necessary arrangements for the supply of sweetened condensed milk to sick infants do so to meet the needs of a few practitioners. They wish to make it clear that they consider sweetened condensed milk an unsuitable food for normal infants and an unnecessary and often inappropriate food in many illnesses of infancy. The consensus of medical opinion is that its use in infancy is permissible only in certain abnormal conditions. It is only because the application to such cases of other methods of feeding may not be immediately possible that the representatives of the two bodies have advised the Ministry of Food to make such supplies available.

Method of Certification

(a) Initial application (valid for 4 weeks)—certificate should give date of birth and state that either sweetened or unsweetened condensed milk is necessary.

(b) Application for renewal after 1 month. Certificate should give full details of the infant's condition, age, weight at birth and at date of application and state whether milk or any milk preparation other than condensed milk has been tried and found unsuitable.

Action taken by Food Office

Food Office will immediately issue authority to obtain extra condensed milk, points free, in accordance with scale given below, for a period of four weeks.

The application will be forwarded to the Headquarters of the Ministry of Food for submission to the Ministry's medical advisers. If the application is approved, fresh authority for condensed milk will be issued for the period recommended by the medical advisers.

Scale of allowances of condensed milk per month

			Sweetened Condensed in 14 oz. tins (equivalent to $1\frac{3}{4}$ pints)	Unsweetened Condensed in 16 oz. tins (equivalent to 2 pints)
Infants—under 5 months	Up to 10 tins	Up to 18 tins
5—6 months (inclusive)	„ 11 „	„ 21 „
7—9 „ (inclusive)	„ 12 „	„ 23 „
10—12 „ (inclusive)	„ 13 „	„ 24 „

Unless unsweetened condensed milk is specifically requested, the authority issued by the Food Office will be for sweetened condensed milk. The infant's entitlement to fresh milk, National Dried Milk, Proprietary Infant Milk Food and sugar (where the sweetened variety is granted) will be cancelled for as long as the infant receives the points free allowance of condensed milk. The mother's 7 pints of liquid milk will not be cancelled.

Additional tins of sweetened or unsweetened condensed milk may be obtained on points.

Emergency supplies of Proprietary Infant Milk Food : Invalids.

Arrangements have been made for supplies of Proprietary Infant Milk Foods to be made available at short notice in cases of emergency.

A maximum supply of two 20 oz. tins (equivalent to 14 pints) may be authorised immediately at the local Food Office, for an initial period of two weeks. If, however, quantities in excess of these two tins are required, or a renewal of the emergency supply is sought, a medical certificate giving full details of the patient's condition and the reasons why an emergency supply is considered essential should be submitted at the local Food Office for consideration by the medical advisers.

Children who do not attend school, etc.

Children between the ages of five and sixteen years, who are certified by an Education Officer as being generally incapable of attending school, institution or occupation centre may obtain seven pints of liquid milk a week at a reduced price. Application should be made to the Food Office. No medical certificate is required.

WELFARE FOODS DIVISION,
MINISTRY OF FOOD,
LONDON.

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